

Food in the Fast Lane

Sometimes you can't eat at home.

- ⇒ You may be shopping.
- ⇒ You may be in your car.
- ⇒ You may be running errands.



Sometimes you have to eat "fast food."

- ⇒ You **can** order good fast foods.
- ⇒ You **can** choose foods with little fat.
- ⇒ You **can** choose foods with little salt and sugar.
- ⇒ You **can** choose foods that are high in fiber.

Information from Evelyn F. Crayton
Extension Foods & Nutrition
Specialist and other sources

Did You Know?

A McDonald's Happy meal with 4 chicken nuggets, dipping sauce, small French fries and a child size soda contains:

- ✓ 5.25 tsp fat
- ✓ 9.75 tsp sugar

A McDonald's grilled chicken sandwich and low-fat milk contains:

- ✓ 2.5 tsp fat
- ✓ 1.75 tsp sugar

Which would you choose for yourself or for your kids.



Washtenaw County
Public Health

555 Towner
Ypsilanti, MI 48197
(734) 544-6700

Visit us on-line at:
<http://publichealth.ewashtenaw.org>

Healthy Eating: Fast Food

What to Do and What to Look For?



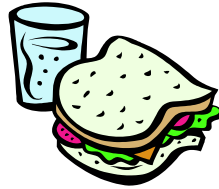
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How to Pick Fast Foods that are Better for You

Choose:

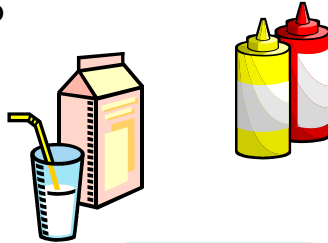
Sandwiches

- ✓ A small hamburger
- ✓ A roast beef sandwich
- ✓ A grilled chicken sandwich
- ✓ A whole wheat bun
- ✓ Lean meats like turkey
- ✓ Add toppings like lettuce, tomato, onion, and pickles
- ✓ Ask for mustard and ketchup



Drinks

- ✓ Skim milk or 1%
- ✓ Drink 100% juice or water
- ✓ Low fat frozen yogurt



A Salad

- ✓ Use a vinegar and oil dressing
- ✓ Try a low fat dressing
- ✓ Look for raw fruits and veggies



Pizza with Vegetable Toppings

- ✓ Try peppers, mushrooms, onions and low fat cheese

A Baked Potato

- ✓ Try sour cream, onions or chives

Tacos and Burritos

- ✓ Try a chicken soft taco or a bean burrito



Stay Away From:

Sandwiches

- ✓ A large hamburger
- ✓ Avoid high fat cheeses (cheddar) and meats (pepperoni and sausage)
- ✓ Avoid bacon
- ✓ Avoid mayonnaise



Soft Drinks

- ✓ Avoid soft drinks and fruit drinks



A Salad

- ✓ With creamy salad dressings
- ✓ Fried chicken or other high fat meats and cheeses
- ✓ Avoid bacon bits and fried noodles

Pizza

- ✓ Avoid extra cheese
- ✓ Avoid meats like pepperoni and sausage



Fried Chicken

- ✓ Avoid chicken strips and nuggets

French Fries

- ✓ Avoid salt and extra toppings like cheese and bacon
- ✓ Don't super size fries